



# The Thompson Times

Your resource to age well

FEBRUARY 2024

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## An Uncommon Look at the Common Loon

### Black & White Loons in Full Color

Tuesday, February 6, 1:00 pm

With their haunting cries and beautiful plumage, common loons are an iconic symbol of the northern wilderness. Join us for an Uncommon Look at the Common Loon, a slideshow exploring the natural history of loons in the North Country. West Newbury, VT, based photographer Ian Clark spent nearly 2,000 hours kayaking with loons over the last decade and taken over 250,000 photos of loons and their behaviors. Register in advance by calling The Thompson.

## The Thompson Center

Woodstock Area Council on Aging  
99 Senior Lane  
Woodstock, VT 05091  
Phone: 802-457-3277  
Fax: 802-457-1259  
www.thompsonscenter.org

### CENTER HOURS

8 AM-3 PM, Monday-Friday

### STAFF

**Deanna Jones**, Executive Director,  
djones@thompsonscenter.org  
**Morgan Heavisides**, Assistant Director,  
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**Siobhan Wright**, Meals on Wheels &  
Transportation Coordinator,  
swright@thompsonscenter.org  
**Andrew Geller**, Chef,  
ageller@thompsonscenter.org

**Culinary Assistants:** Lanie Orcutt, Louise  
Blakeney, Sally Weglarz, Ed Esmond,  
John Saggese

**Drivers:** Tom Morse, Brian McGinty,  
Jim Robinson

Senior Solutions (Formerly Council of Aging  
for Southeastern Vermont)

**SENIOR HELPLINE:** 800-642-5119

Tri-Valley Transit 802-728-3773

### BOARD OF DIRECTORS

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Mary Bourgeois—*Vice President*  
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Sandy von Unwerth  
Richard Wacker  
Paulette Watson  
Dennis Wright

Dick & Bonnie Atwood- Advisory



## BEHIND THE SCENES

### ADVISORY MEETING HIGHLIGHTS

- The Thompson was invited to be special guests for the Governor's State of the State address in recognition of flood recovery response
- A new creative arts program series in collaboration with the Norman William Library will run for 8 weeks starting in February
- OSHER program will not be running for the winter semester due to OSHER having a last minute course change resulting in low participation numbers
- The group liked the idea of another movie day in February
- Ideas shared by participants for ways to show appreciation for daily waitstaff and staff appreciation
- Weekend meals can be available to take home on Fridays
- Town funding and petition signatures discussed. Thank you, Linda Maxham, for helping with Bridgewater!
- Breakfast for lunch was suggested

Please join our next meeting on March 4 at 1:00 pm. All patrons and volunteers are invited to attend. Your feedback is needed & appreciated!



We need your vote on town meeting day in Woodstock, Bridgewater, Pomfret and Barnard. These towns provide important funding to operate the senior center that we won't have without a passing vote on our special articles. Thank you!

### Thompson Annual Appeal

The Thompson Annual Appeal began in November and is still underway. If you haven't made an annual gift and would like to do so, we would be very appreciative. Annual Appeal gifts support the operations of the senior center and allow us to continue critical services like transportation, meals, and other programs. Mail or deliver a gift to 99 Senior Lane, Woodstock, VT,

### Winter Weather Closing Policy

Our weather policy is to close the center if our school district is closed or delayed. We will post on Facebook if we are closed, and we will also change the voicemail message at the center by 6:30am. Those who are registered for programs will also receive a call after 8am. Snow day meals are sent out in advance of any expected storm. Virtual programs continue as scheduled, if possible. This is a great time to remind everyone to register, so that you'll get a call from us. Also please note that we use our automated call system, the call comes from a Belmont, MA (617) number but will be Deanna Jones' voice on the recording.

# PROGRAMS & EVENTS

## Introduction to Memoir Writing

**Facilitator: Margaret Edwards**

**Tuesdays: January 30, and February 6, 13, 20, 27, and March 5**

**The two sessions:**

**Morning Session (Introductory): 10 am - 12 noon**

**Afternoon Session (follow-up): 1 pm - 3 pm**

This introductory workshop is the “gateway” to all that might follow. People who have taken this course often will keep on writing, working on their own memoirs or on family histories, attending “Memoir Reunion Workshops.” To begin a memoir is not an act of egotism, it’s an act of generosity. Writing it, you will leave behind for family members—and for students of history—an account of your particular era as well as a narrative of your personal life. What lessons you’ve learned, what difficulties you’ve overcome, what people you’ve known who deserve commemoration, and what good fortune you feel you should celebrate—all of this is valuable and interesting. A class gives you the discipline to sit down and actually write, as well as an audience for your output. Fear you can’t get started? This class (and its facilitator) will get you going. Fear you don’t know how to organize all that’s happened? Be aware that starting is the hard part, and continuing is the challenging part, but shaping all that you’ve written—the final chore--will actually prove easy. So come on... *do it! Don’t just think about doing it!*

### Weekly Game Schedule:

#### **Bingo**

**Monday & Friday at 10:00 am**

#### **Ping Pong**

**at the Little Theater**

**Monday & Wednesday at 10:00 a**

#### **Mahjong**

**Tuesday & Friday at 1:00 pm**

#### **Bridge**

**Wednesday at 1:00 pm**

#### **Cribbage**

**Thursday at 10:00 am**



### **Movie Day at The Thompson**

**Wednesday, February 28, 10:00 am**

Come enjoy a movie at The Thompson. We will offer a selection of popular recent films for you to choose from on the day of the movie. Register in advance.

### **My Healthy Vermont Online Workshop:**

**High Blood Pressure Management**

**Tuesdays, January 30 to March 26, 11:30 am - 1:00pm**

This small group workshop is led by a trained health coach and designed to provide support and skills to help people take control of their blood pressure. Participants learn the basics of managing high blood pressure, including help with medications, quitting tobacco, healthy eating, physical activity and stress management.

Please call Morgan at The Thompson to register in advance. Let us know if you would prefer to view from home or watch from the Thompson and leave the technology to us.



FEBRUARY IS  
**AMERICAN  
HEART  
MONTH**



## FUN HEART FACTS:

1. Your heart can weigh between 7 and 15 ounces.
2. Newborn babies have the fastest heart beats.
3. Your heart beats around 100,000 times a day.
4. Your heart pumps 2,000 gallons of blood a day.
5. There are 60,000 miles of blood vessels in your body.
6. Laughing is good for your heart.
7. The heart works twice as hard as the leg muscles of a sprinter.
8. Your aorta is as large as a garden hose.
9. Some capillaries are ten times smaller than a human hair.
10. Horses can mirror a human's heart rate.

## Welcome to AARP Tax Aide for Tax Year 2023

One-hour appointments for tax preparation can be made by calling The Thompson Center 802-457-3277. Tax booklets are available in advance from the Senior Center, if you would like to get ready ahead of your appointment.

Please be sure to bring the following items:

- Last year's tax return envelope that contains the printed returns (Federal and VT) AND all of your supporting documents. It will be helpful to review these documents to ensure you are bringing the same information for 2023.
- Driver's license or picture ID and Social Security Card
- Applicable tax documents you have received in January such as: your social security statement, 1099s for all retirement income, broker statements for sales of stocks/bonds, and your Vermont Property Tax bill for 2023-24.

## Caregiver Support Group

with Carla and Co-facilitator Anne Marinello

**In-person 2nd Tuesday of each month at 12:00 pm, *Virtual participation still available***

Support and education can make a critical difference for family members and caregivers of patients with memory loss or disorders such as Alzheimer's. Please join our confidential monthly support group (with complimentary lunch) on the 2nd Tuesday of each month, and share ideas, concerns, and constructive feedback with others facing similar challenges. **Please sign-up in advance for complimentary lunch.**

## In-person Tech Support at The Thompson

**Appointments on the 1st & 3rd Thursdays of the month, 12:30 pm-2:30 pm**

In collaboration with the Norman Williams Public Library, you can get 1:1 tech support at The Thompson. Bring in your mobile phones, laptops, iPads and any other type of tablet device you need help with. Multiple devices can be brought to one appointment. Call Shari to book your 1 hour appointment, and don't forget your passwords!

# VIRTUAL PROGRAMS

## Senior Learning Network Virtual Programs

Please call to reserve your spot and let us know if you plan to view from home or from The Thompson.



### Cane River Creole National Park, Louisiana

**Tuesday, February 6, 2:00 pm**

This unique Louisiana park includes 44.16 acres of Oakland Plantation and 18.75 acres of Magnolia Plantation. The two park sites include a total of 67 historic structures remnant from 200 years of plantation life. Descendants of the plantations' owners and descendants of the plantations' laborers remained on the land through periods of prosperity and depression, war and peace, and dramatic changes in governments, agriculture, technology, and labor systems. Join us as we learn about the skills and strengths of enslaved African Americans who persevered in all of life.

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### The Glorious Glaciers!

### Glacier Bay National Park and Preserve, AK

**Tuesday, February 13, 2:00 pm**

Glacier Bay National Park has a dynamic glacial history. The area and its people have observed the tidewater glacier cycle of advance and retreat. Today, Glacier Bay is a place of scientific research where ongoing studies are conducted. Join a park ranger to discuss both the history and what the future may be of glaciers in Glacier Bay.

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### Beyond Camelot:

### Life and Legacy of Jacqueline Kennedy Onassis

**Tuesday, February 20, 2:00 pm**

On January 20, 1961, John Fitzgerald Kennedy took the oath of office to become the nation's 35th president. At age 31, Jacqueline Kennedy was the first lady. With her gracious personal style and her passion for history and the arts, she worked hard to be worthy of her new role. While she had a deep sense of obligation to her country, her first priorities were to be a good wife to her husband and mother to her children.

Join us from the **National First Ladies Library and Museum** as we explore the layers of Jackie's life, from her role as a wife and mother to her position as First Lady.

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### The Extraordinary Life of Rosalyn Carter

**Tuesday, February 27, 2:00 pm**

From her rural beginnings in southwest Georgia to her emergence as our nation's champion of caregivers and mental health, Rosalynn Carter has led a most extraordinary life. This program will engage attendees in Mrs. Carter's early life, her time as First Lady of Georgia and then the nation, and highlight her work with the non-profit Carter Center.- from the **Jimmy Carter Presidential Library**.

# PROGRAM CALENDAR - FEBRUARY 2024

Mon	Tue	Wed	Thu	Fri
			1	2
<b>RESERVATIONS REQUIRED FOR ALL PROGRAMS &amp; MEALS</b>			10 Cribbage 10:30 Strength, Stretch, Stability 12:30 Tech Support 3 Bone Builders	10 Bingo 1 Mahjong
5	6	7	8	9
8-3 Tax Assistance 9:30-12:30 Benefits Assistance Appts 10 BINGO 1 Advisory Meeting 1 Gentle Yoga	10-12 Intro to Memoir 11:30-1 BP Workshop 1 Loon Program 1-3 Memoir Class (follow-up) 1 Mahjong 2 SLN: Cane River Creole National Park 3 Bone Builders	10:30 Handwork Circle 12 French Table 1 Gentle Yoga 1 Bridge	10 Cribbage 10:30 Strength, Stretch, Stability 1:30 Art with Finnie 3 Bone Builders	10 Bingo 1 Mahjong 4pm Creative Arts Workshop at NWPL
12	13	14	15	16
8-3 Tax Assistance 10 BINGO 1 Gentle Yoga	Reflexology Appts 10-12 Intro to Memoir 11:30-1 BP Workshop 12 Caregiver Support Group 1 Mahjong 1-3 Memoir Class (follow-up) 2 SLN: Glorious Glaciers 3 Bone Builders	9-12 Spa Day 10 Veggie VanGo 10:30 Handwork Circle 12 French Table 1 Gentle Yoga 1 Bridge	8:30-3 Foot Clinic 10 Cribbage 10:30 Strength, Stretch, Stability 12:30 Tech Support 3 Bone Builders	10 BINGO 1 Mahjong 1-2:30 Creative Arts Workshop
19	20	21	22	23
<b>CLOSED for Presidents Day</b>  8-3 Tax Assistance	8:30 Newsletter Folding 9:30 Commodities 10-12 Intro to Memoir 11:30-1 BP Workshop 1 Mahjong 1-3 Memoir Class (follow-up) 2 SLN: Jaqueline Kennedy Onassis 3 Bone Builders	8:30 Board Meeting 8:30-3 Foot Clinic 10:30 Handwork Circle 12 French Table 1 Gentle Yoga 1 Bridge	<b>Birthday Day</b> 10 Cribbage 10:30 Strength, Stretch, Stability 3 Bone Builders	10 BINGO 1 Mahjong 1-2:30 Creative Arts Workshop
26	27	28	29	
8-3 Tax Assistance 10 BINGO 1 Gentle Yoga	Reflexology Appts 10-12 Intro to Memoir 11:30-1 BP Workshop 1 Mahjong 1-3 Memoir Class (follow-up) 2 SLN: Life of Rosalyn Carter 3 Bone Builders	10 Movie Day 10:30 Handwork Circle 12 French Table 1 Gentle Yoga 1 Bridge	10 Cribbage 10:30 Strength, Stretch, Stability 3 Bone Builders	

# MENU - FEBRUARY 2024

Mon	Tue	Wed	Thu	Fri
			<b>1</b>	<b>2</b>
<b>*menu subject to change based upon product availability*</b> <b>*Please make requests for substitutions 24 hours in advance.</b>	<b>Suggested donation for guests ages 60 and over is \$7</b> <b>For guests under age 60, the meal price is \$12</b> <b>2% milk, juice, coffee, tea with all meals</b>		Pulled Pork with Carolina Style BBQ Sauce, Potato Mac Salad, Quick Pickled Cucumbers, Dinner Roll, Apple Pie	Chicken Noodle Soup Mixed Green Salad, Cottage Cheese, Dinner Roll, Fresh Fruit, Hermit Bars with Vanilla Ice Cream (pumpkin cake)
<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>
Cheese Burgers on a Whole Wheat Bun, Lettuce, Tomato, Pickles, Onion and Cheddar Cheese, Cole Slaw, Pasta Salad, Fruit Salad, Ice Cream Sundae	<b>Pizza Day</b> Tossed Mixed Green Salad, Pasta Salad with Garden Vegetables, Fruit Salad	Chicken Salad with Fresh Cucumbers, Tomatoes, Roasted Beets, Olives, Croustons, Carrots, Whole Grain Roll, Fresh Fruit, Cheese Cake	Spaghetti and Meat Sauce, Steamed Mixed Vegetables, Tossed Garden Salad, Dinner Roll, Fresh Fruit	Baked Chicken Leg with Lemon and Herbs, Rice Pilaf with Craisins and Toasted Almonds, Cole Slaw with Kale and Pineapple, Whole Grain Dinner Roll, Cookie
<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>
New England Clam Chowder, Garden Salad with Fresh Vegetables, Dinner Roll, Yogurt Parfait with Maple Syrup, Fresh Fruit and Granola	Baked Chicken Parmesan Pasta Casserole, Green Beans, Caesar Salad, Fresh Fruit, Cookie	<b>Valentine's Day</b> Chefs Choice Fish, Middle Eastern Style Rice Pilaf with Lentils and Fresh Herbs, Baked Cauliflower Gratin with Tomato, Whole Grain Dinner Roll, Fresh Fruit Salad	Lasagna with Braised Pork, Spinach, Mushrooms and Basil Pesto, Mozzarella and Parmesan Cheese, Garden Salad, Fresh Fruit Parfait with Granola and Honey	Grilled Bratwurst, Sweet and Sour Cabbage, Potato Salad, Whole Grain Roll, Fresh Fruit, Ice Cream with Peach Compote
<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>
<b>CLOSED for Presidents Day</b>	Italian Wedding Soup with Beef Meat Balls, Garden Vegetables, Spinach and Orzo Pasta, Tossed Garden Salad, Whole Grain Dinner Roll, Fresh Fruit Salad, Brownie	Stuffed Zucchini with Ground Turkey, Spinach, Roasted Peppers and Butternut Squash, Mixed Green Salad, Dinner Roll, Fresh Fruit	<b>Birthday Day</b> Baked Ham with Roasted Pineapple, Mashed Potato, Root Vegetables, Dinner Roll, Cake and Ice Cream, Fresh Fruit	BBQ Style Chicken Breast, Cole Slaw, Baked Beans, Mixed Green Salad with Fresh Vegetables, Whole Grain Dinner Roll, Fresh Fruit
<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	
Butternut Squash Ravioli with Chicken and Sage, Steamed Broccoli, Garden Salad, Dinner Roll, Fresh Fruit	Beef Enchilada Casserole with Peppers, Onions and Cheese, Garden Salad with Oranges and Beets, Corn Chips and Salsa, Key Lime Pie	Chicken Fricassee with Carrots, Peas and Mushrooms, Roasted Red Potatoes, Spinach Salad, Dinner Roll, Cookies	Black Bean Soup with Home Made Pork Sausage, Tossed Mixed Green Salad, Dinner Roll, Lemon Bundt Cake	

# ACTIVE AGING



Regular exercise can help older adults stay independent and prevent many health problems.

Experts recommend that older adults engage in:

- Moderate exercise for at least 30 minutes five days a week.
- Muscle-strengthening activities for two or more days a week that work all major muscle groups.

Statistics show that less than one-third of Americans aged 65+ meet this recommendation. The Thompson offers these fun and proven programs:

**Eat Smart, Move More, Weigh Less (ESMMWL)** is a 15-week online weight management program that uses evidence-based strategies proven to work to help participants achieve and maintain a healthy weight. Each lesson informs, empowers and motivates participants to live mindfully as they make choices about eating and physical activity. The Thompson has a limited number of free ESMMWL class codes to offer (a \$235 value). Call for more details and to sign up!

**Tai Chi—Celebrate Chinese New Year with Anne Bower and friends.** Classes with The Thompson are offered on Wednesdays. Beginner class is 9:30-10:30 and the more experienced class is 10:40-11:40am. On Saturday, Feb. 17th, from 10-noon, come enjoy some qigong and tai chi with longtime tai chi instructor, Anne. Learn about the Year of the Dragon and what it might bring! Experience various tai chi forms (you can just play along if you are new to these practices). If interested email Anne and she will send you the Zoom link. Or check out the info on her website: <http://www.annebower.studio>

**Bone Builders** is offered on Tuesdays and Thursdays from 3:00-4:00pm. This class is led by certified instructor, Althea Derstine and includes stretching, balance work, and weight lifting. New students are always welcome and are asked to call The Thompson to register and obtain a medical clearance document to be signed by your medical provider.

**Strength, Stretch and Stability**, offered 10:30 - 11:30 am Tuesdays and Thursdays, includes exercises that will help you in your everyday life so that you can continue to do the things you enjoy and stay independent as you age. This popular class, led by fitness professional, Liz Estabrook-Hatfield, includes a combination of strength, cardio, balance, flexibility and brain training exercises. Thursday classes are offered at The Thompson in a hybrid format (virtual via Zoom and in-person) and Tuesday classes are via Zoom only. Thursday in-person classes are \$5 per class payable to The Thompson Center. Newcomers are welcome. A Zoom link will be provided upon request."

**Gentle Yoga** is offered at The Thompson on Mondays & Wednesdays from 1:00-2:00pm and is led by yoga instructor, Kathryn Mills. The cost for a 6 class punch card is \$90 or \$20 per class. Gentle Yoga is geared specifically for those new to yoga or those who are interested in a gentle practice. No experience necessary of flexibility required. Bring a mat and blanket if you like. Pre-register with The Thompson.

**Pong Pong at the Little Theater** is drop in on Mondays and Wednesdays, 10-11:30am. They have two tables now. Come and try your hand at singles or doubles! All are welcome and encouraged to drop in and play!





## Art With Finnie from ArtisTree

February 8, 1:30 pm

Let it snow, let it snow, let it snow! We will practice some fun watercolor techniques and use the papers to stitch lovely snowflake patterns into it. Register in advance by calling The Thompson.

## Creative Arts Program

Opening Event is Friday, February 9, 4 pm at  
Norman Williams Public Library.

The remaining 7 workshops are Friday, February 16-March 29,  
1-2:30 at The Thompson.



This project features three longtime friends and collaborators (who are also older adults) engaging our community elders in arts activities that will provide fun and creative ways to strengthen cognition and well-being through learning new things, interacting with others and exploring their own identities through personal expression and sharing with the community. For more details about each workshop, contact Morgan or visit our website. Register in advance.

*MICHAEL ZERPHY is a storyteller, clown, poet, musician, banjo jokester and mirth instigator. His inventive and diverse performances have captivated audiences of all ages across the US and Europe for decades. His shows include FoolzJourney, Zany Acts and Codger!*

*MARV KLASSEN-LANDIS is a poet and storyteller who believes in the power of creative expression for healing and discovery. A Vermont Arts Council roster artist and a Children's Literacy Foundation presenter, he also was the founding creative writer in Dartmouth Health's arts program. He collaborated with Michael in co-creating and touring Children's Voices.*

*HAM GILLET'S representative roles during his fifteen years as a professional actor include Captain Hook in Peter Pan, Don Quixote in Man of La Mancha, Sir Toby Belch in Twelfth Night and Reverend Hale in The Crucible. Locally, he performs with We the People Theater and Bel Canto Chamber Singers. He starred in --Love Letters at Pentangle, and his reading of "A Child's Christmas in Wales" has been a perennial favorite in Woodstock for 23 years.*



## Valentine's Spa Day at The Thompson

Wednesday, February 14, 9:00 am - 12:00pm



Enjoy a day of pampering with a complementary chair massage from the Woodstock Inn and Resort Spa staff member, manicure by Deanna, or a Reflexology session with Deb Neuhof. These appointments for your much deserved self-indulgence will fill up quickly so make your reservations soon.

## RESOURCES

### HomeShare Vermont Partners with The Thompson



HomeShare Vermont and The Thompson have now joined to expand our homesharing program to cover most of Windsor County. Homesharing is an excellent opportunity to allow individuals to remain in their home while receiving help and/or additional income.

For more information visit our website at [www.thompsonseniorcenter.org](http://www.thompsonseniorcenter.org) or contact Shari at [sborz@thompsonseniorcenter.org](mailto:sborz@thompsonseniorcenter.org) or 802-457-3277 ext. 4.

### Benefits Assistance Hours At The Thompson Monday, February 5, 9:30-12:30pm, by appointment

VPharm (prescription drug applications), 3Squares (money for food program), Fuel assistance, Green Mt Power discount. Individual assistance is available at The Thompson by appointment with Senior Solutions Benefits Counselor, Liz Carey. Call for your appointment.

### Fuel Assistance Program Reminder—Do not wait to apply!

It is time to sign up for Vermont's Seasonal Heating Fuel Assistance Program ("LIHEAP"), which can offset winter heating costs from a few hundred to even a few thousand dollars. This program can help you lower your bills whether you heat with oil, kerosene, propane, electric, coal, wood pellets, or cordwood. More information and 1:1 application assistance is available by appointment by calling The Thompson

### The HUB is here to help!

The HUB is committed to ensuring everyone in our community is safe and cared for. If you've had a setback or change in circumstances that makes it difficult to pay your bills and live in Barnard, Bridgewater, Killington, Plymouth, Pomfret, Reading or Woodstock, we're here to help!

For ways to contact the HUB, apply online at <https://apply.thehubneighbors.org/form>, call 802-457-7214, email: [apply@thehubneighbors.org](mailto:apply@thehubneighbors.org), or pick up an application outside the Ottauquechee Health Foundation office at Simmons House, 30 Pleasant Street, Woodstock.

*The HUB is a Project of Woodstock Community Trust, a non profit 501c3 organization.*



### CARE (Citizens Assistance Registry for Emergencies)

Emergencies can take many forms. Ice storms, floods, fires, major traffic accidents, and similar events can cause power outages, isolate individuals, or prompt the need for evacuation. For elders, or for people with certain disabilities, such events, if prolonged, can become life-threatening if no one is available to help.

CARE was created to help. CARE's key partners are the Vermont Enhanced 911 Board, Vermont Emergency Management, United Ways of Vermont, and Vermont 211. These agencies have worked together to provide a means for emergency responders to identify and aid CARE registrants in the event of a wide-scale emergency.

You can register online at <https://e911.vermont.gov/care> or a paper copy will be available at the Thompson center and sent out with meals. You can return it to us and we will mail it, or you can mail it directly to the registry address on the form. (State of VT Enhanced 911 Board, 6 Baldwin St. 2nd Fl, Montpelier, VT 05633).

# IN LOVING MEMORY & APPRECIATION

## IN APPRECIATION

Ellaway - wreaths  
Aging in Hartland - medical equipment  
Astraea Pierce - medical equipment  
Holiday Gift Baskets provided by:  
The King's Daughters  
Locally Yours partner Neil and Alice Lamson of Fox Crossing Farm  
Thompson Knitting & Crocheting Friends  
Mark D. Knott DDS of Woodstock Dentistry  
Kathy Dudley - decorative pillows

## MEMORY TREE GIFTS In Loving Memory Of

Jack  
Bob Leavitt  
Edwin Leavitt  
Henry Howe  
Leon Stetson  
Mom & Dad Brickman  
Mom & Dad Lancaster  
Mary & Bud Mosher  
Janet & Perry Maxham  
Faye & Bruce Dudley



## IN MEMORY OF

Dennis F. Murphy, Jr.  
Julie Murphy

### Edwin & Dorothy Thompson

David & Patricia Thompson  
Barbara Knutson  
Cynthia Hall  
Peter Thompson  
John Thompson

### Jack & Gina Moore

Bo & Randi Harron



A Special Thank You  
to the Vermont Standard  
for their ongoing  
donation of newspapers.



## FEBRUARY BIRTHDAYS

1st Dick Atwood  
1st Craig Cota  
2nd James Minnich  
2nd Dorothy Wardwell  
2nd Juan Florin  
3rd Thomas Wassel  
3rd Thomas Phillips  
4th Tom Weschler  
4th Marilyn Bailey  
4th Kathleen Mahoney  
4th Darryl Attkisson  
5th Ann Blake  
5th Gretchen Pear  
5th Deirdre Brennan  
5th Nick Schoville  
5th Jeffrey Kahn  
6th Miranda Shackleton  
6th Charlotte Harvey  
6th Denise Glatzer  
6th Gail Nelson  
6th Chandler Hewitt  
6th Deborah Gibbs  
7th Mia Pine  
7th Lois Lorimer  
7th Sharon DiLorenzo  
8th Debbie Bridge  
9th Frances Lancaster  
9th John Wiegand  
9th Zoe Potter  
9th Ann Shafmaster

9th Nicole Rikert  
10th Janice Standish  
10th Sharon Blake  
11th Jeannine Colby  
11th James McHugh  
11th Christa Prescott  
12th Carol Towne  
12th Pauline Holt  
13th Alberta Bailey  
13th Kathy Marzalek  
13th Linda Grant  
13th Stephen Furbish  
14th Margaret Audsley  
14th Phyllis Frechette  
14th Marge DuMond  
14th Jeffrey Bender  
14th Kenneth Darling  
16th Corey Mitchell  
16th Susan Bitzer  
16th Arthur Treanor  
17th Joan Lessard  
17th Judith Persin  
17th Judy Ruffing  
17th Linda Ward  
17th Karen Kogel  
18th Linda Manning  
18th Dennis Wright  
18th Susan Copeland  
18th Gerry Sandweiss

19th Darlene Griggs  
19th Rhonda White  
19th Shari Casey  
20th Marlene Rand  
20th Jim Lewis  
20th Esther Mesler  
20th Joe De Foor  
21st Linda Atwood  
22nd Jerry Oppenheimer  
22nd Cynthia Stevens  
22nd Vivian Coburn-Stebbins  
23rd Sherry Wian  
23rd Tina Kelly  
23rd Mike Mitchell  
24th Carl McCuaig  
25th Sylvia Doten  
26th Susan Menendez  
26th Janet Burnham  
26th James Hollinshead  
27th Kedric Harriman  
27th Floyd Westover  
27th David Mora  
27th Will Adler  
27th Martie McNabb  
28th Jane Simonds  
28th Larry Templeton  
29th Floyd Van Alstyne  
29th Elisa D'Andrea



# The Thompson

Your resource to age well

Woodstock Area Council on Aging  
99 Senior Lane  
Woodstock, VT 05091  
(802) 457-3277  
FAX: (802) 457-1259  
[www.thompsonseneiorcenter.org](http://www.thompsonseneiorcenter.org)

Non-Profit Organization  
Postage Paid  
Permit No. 33  
Woodstock, VT 05091

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## TRANSPORTATION

The Thompson Center operates a door-to-door transportation program for seniors and disabled community members from the towns of Barnard, Bridgewater, Pomfret, and Woodstock.

**Local transportation** to and from the Thompson Center is provided Monday through Friday between 8:30am – 3:00pm. Please call the Center to request rides with at least 24 hours notice. **Suggested minimum donation:** \$5 per ride round trip

**Medical Rides** to and from appointments to all Upper Valley providers can be arranged directly through Tri-Valley Transit at 802-728-3773. A minimum of 48 hours notice is requested for scheduling.

## MISSION

The Thompson helps older adults to age well in our rural community. We provide timely support and services, and are a resource and advocate on issues related to aging. Our programs and activities foster the physical, intellectual, and social well being of our adult community to enhance dignity, self-worth, and independence.

## Thank You to Our Transportation Sponsors & Grants



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Sign up for our weekly e-news and/or an electronic version of our monthly newsletter by emailing Jen Bloch at: [jbloch@thompsonseneiorcenter.org](mailto:jbloch@thompsonseneiorcenter.org)

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